

SAFETY MESSAGE

Personal Safety is our #1 priority



Foot Care Facts, Compiled by USDA-APHIS- CCEP

- 3 out of 4 Americans experience serious foot problems in their lifetime.
- The foot contains 26 bones, 33 joints, 107 ligaments and 19 muscles.
- 1/4 of all the bones in the human body are down in your feet. When these bones are out of alignment, so is the rest of the body.
- Only a small percentage of the population is born with foot problems.
- It's neglect and a lack of awareness of proper care - including ill fitting shoes - that bring on problems.
- Women have about four times as many foot problems as men. High heels are partly to blame.
- Walking is the best exercise for your feet. It also contributes to your general health by improving circulation, contributing to weight control, and promoting all-around well being.
- Your feet mirror your general health. Conditions such as arthritis, diabetes, nerve and circulatory disorders can show their initial symptoms in the feet - so foot ailments can be your first sign of more serious medical problems.
- About 60-70% of people with diabetes have mild to severe forms of diabetic nerve damage, which in severe forms can lead to lower limb amputations. Approximately 56,000 people a year lose their foot or leg to diabetes.
- There are 250,000 sweat glands in a pair of feet. Sweat glands in the feet excrete as much as a half-pint of moisture a day.
- Walking barefoot can cause plantar warts. The virus enters through a cut.
- The two feet may be different sizes. Buy shoes for the larger one.
- About 5% of Americans have toenail problems in a given year.
- The average person takes 8,000 to 10,000 steps a day, which adds up to about 115,000 miles over a lifetime. That's enough to go around the circumference of the earth four times.